

Shoulder exercises

The aim of these exercises is to recover normal mobility and functional ability. Don't be worried if the full movement path is not possible. The movements may feel rigid and stiff in the beginning. Mobility will return gradually in 3–4 weeks. It is important to practice actively.

How many times and how often?

- Aim to practice every day on several occasions.
- You cannot overdo the exercises.
- Practice within the limits allowed by pain.

Assisted bends of shoulder



In the beginning, do the exercise lying on your back. Later, you can start to practice the movement standing up. When lying on your back, try to keep your upper back on the floor and your shoulders relaxed. Assisting with your other hand, lift the arm you are exercising up with the thumb leading the movement. Return the arm slowly to the starting position.

Assisted external rotation of shoulder



In the beginning, do the exercise lying on your back. Later, you can start to practice the movement standing up. Keep your arms next to your body and your elbows bent. Hold the stick with both hands. Move the arm you are exercising outwards, the thumb leading, and assist the movement

with the stick. Keep the elbow near your body during the whole movement. Return to the starting position.

Assisted abduction of shoulder



Lean against the table and let your arm hang down freely. Swing it forwards and backwards, inwards and outwards and in a circle.

Pendulum exercise



Stand with good posture and use your other hand to grab the wrist of the arm you are exercising. Move the arm you are exercising sideways, assisting the movement with the other hand. Keep your shoulders relaxed. Return the arm to the starting position.

Contact information

Pediatric Surgery Outpatient Clinic, New Children's Hospital, helpline 09 471 73006 (select 3), Mon–Fri 8–11 and 13–14.